

NATIONAL INSTITUTE ON AGING

PUBLICATIONS CATALOG



DEPARTMENT OF HEALTH & HUMAN SERVICES

NATIONAL INSTITUTES OF HEALTH NATIONAL INSTITUTE ON AGING

Table of Contents



General Information	1
Easy-to-Read Booklets	4
AgePages	5
Alzheimer's Disease Fact Sheets	7
Caregiving Resources	9
Information for Professionals	12
Tips from the NIA	15
Información en Español	16
Ordering Information and Tear-Off Order Form	20

A Wealth of Information

To order FREE materials from the National Institute on Aging (NIA):

- Mail the order form at the back of this catalog to the NIA Information Center, P.O. Box 8057, Gaithersburg, MD 20898-8057
- Call NIA's toll-free information line at 800-222-2225 (toll free TTY: 800-222-4225)
- Use the online publications ordering system at www.nia.nih.gov/HealthInformation

The NIA's Alzheimer's Disease Education and Referral (ADEAR) Center is a comprehensive source of information about Alzheimer's disease and age-related cognitive changes. Contact an information specialist toll free at 800-438-4380 or order publications online at www.alzheimers.nia.nih.gov

Accurate, up-to-date information on health issues affecting Hispanic seniors is available in Spanish at **www.nia.nih.gov/Espanol**. The website offers FREE publications and links to other health-related Spanish-language websites.

Visit **www.nihseniorhealth.gov**, a senior-friendly website from the National Institute on Aging and the National Library of Medicine. This website has health information for older adults, and special features make it simple to use.

Go to **www.nia.nih.gov/HealthInformation** to sign up for FREE email alerts about new publications and other information from NIA.

• • • • • • • • • • • • • • • • • •

General Information

NIA Publications Catalog -

a complete list of publications offered by the National Institute on Aging. **FREE**

Alzheimer's Disease Publications List -

a list of publications on Alzheimer's disease distributed by NIA's Alzheimer's Disease Education and Referral (ADEAR) Center. **FREE**

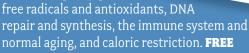
Spanish-Language Publications List –

a complete list of NIA's Spanish-language publications. **FREE**

Aging Under the Microscope

A Biological Quest

This 50-page booklet uses colorful illustrations and clear language to provide an overview of biological research on aging. Topics include longevity genes,



Bound for Your Good Health A Collection of AgePages

This 206-page compilation of NIA's popular *AgePages* is conveniently organized and features a wide range of subjects. It is a comprehensive resource answering many basic health questions for older people. **FREE**



Aging Aging Microscope

Exercise: A Guide from the National Institute on Aging

This guide provides an overview of the benefits of exercise for older people. It includes information and illustrations for four types of exercises: endurance (for stamina and to prevent some chronic diseases), strength (to prevent osteoporosis and improve metabolism), flexibility (to prevent injuries), and balance (to prevent falls). Charts are provided to measure progress. **FREE**

Exercise KitExercise Guide and Video

The kit contains one copy of Exercise: A Guide from the National Institute on Aging and a companion 48-minute video (DVD or VHS) featuring Margaret Richard, star of the PBS exercise show, Body Electric, demonstrating the exercises described in the guide. \$7.00

Genes, Lifestyles, and Crossword Puzzles Can Alzheimer's Disease be Prevented?

This booklet describes ongoing research on preventing Alzheimer's disease (AD). Prevention strategies and possible risk factors for AD are discussed. Topics include genetics, cardiovascular disease, use of antioxidants, *ginkgo biloba*, and the role that exercise and intellectually stimulating activities may play in reducing the risk of AD. FREE

Menopause: Time for A Change

This booklet describes menopause including what happens in a woman's body leading up to and after her last period, what changes to expect, and what women can do to stay healthy after menopause. FREE

Talking with Your Doctor A Guide for Older People

This 44-page booklet is full of ideas and tips for good communication between older people and their doctors. Colorful illustrations and a conversational tone explain how to get ready for a medical appointment, ways to discuss

sensitive topics with your doctor, and how to get help from friends and family. FREE

What's Your Aging IQ?

This 25-page booklet invites readers to check out how much they know about aging. A series of engaging mini-stories is accompanied by test questions. Fill in the answer sheet or take the quiz online. The answers may surprise you! FREE

Easy-to-Read Booklets

Safe Use Of Medicines

This 13-page booklet offers personal stories and Q & A sections, with practical tips to help older people take their medicines safely. FREE

Stay Safe in Cold Weather!

This 12-page booklet explains hypothermia (a dangerous drop in body temperature) and how it affects older people. It offers many tips for staying safe in cold weather. **FREE**

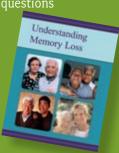
Stay Safe in Cold Weather!

Understanding Alzheimer's Disease

This 12-page booklet answers basic questions about AD. It also discusses the signs of AD, why it is important to see your doctor early, and how to get help if you or someone you know is worried about AD. FREE

Understanding Memory Loss

This 16-page booklet answers basic questions about memory loss. It discusses the difference between mild forgetfulness and more serious memory problems, medical causes of memory problems and how they can be treated, and how to cope with serious memory loss. FREE



AgePages

NIA's AgePages provide information about various topics of interest to older adults. Each contains an overview of the subject and resources for more information. FREE

Diseases/Conditions

- Arthritis Advice
- Cancer Facts for People Over 50
- Depression: Don't Let the Blues Hang Around
- Diabetes in Older People—A Disease You Can Manage
- Forgetfulness: It's Not Always What You Think
- High Blood Pressure
- HIV, AIDS, and Older People
- Osteoporosis: The Bone Thief
- Prostate Problems
- Shingles
- Stroke
- Urinary Incontinence

Planning for Later Years

- Getting Your Affairs in Order
- Nursing Homes: Making the Right Choice

Safety

- Crime and Older People
- Falls and Fractures
- Medicines: Use Them Safely
- Older Drivers
- Online Health Information: Can You Trust it?

Health Promotion/Disease Prevention

- A Good Night's Sleep
- Aging and Your Eyes
- Alcohol Use and Abuse
- Concerned About Constipation?
- Dietary Supplements: More is Not Always Better
- Exercise and Physical Activity: Getting Fit for Life
- Flu—Get the Shot
- Foot Care
- · Good Nutrition: It's a Way of Life
- Hearing Loss
- Hyperthermia: Too Hot for Your Health
- Hypothermia: A Cold Weather Hazard
- Life Extension: Science Fact or Science Fiction?
- Menopause
- Mourning the Death of a Spouse
- Sexuality in Later Life
- Shots for Safety
- Skin Care and Aging
- Smoking: It's Never Too Late to Stop
- Taking Care of Your Teeth and Mouth

Medical Care

- Choosing a Doctor
- Considering Surgery
- Health Quackery: Spotting Health Scams
- Hospital Hints

Also Available Bound for Your Good Health:

A Collection of AgePages



Alzheimer's Disease Fact Sheets

Alzheimer's Disease Centers Directory

A list of NIA-funded ADCs. FREE

Alzheimer's Disease Fact Sheet

Provides basic information about AD, its symptoms, diagnosis, and treatment options. **FREE**

Alzheimer's Disease Genetics Fact Sheet

Explains the role of genes in AD, and genetic testing and counseling. **FREE**

Alzheimer's Disease Medications Fact Sheet

Describes FDA-approved treatments for AD and summarizes recommended dosages, common side effects, and possible drug interactions. **FREE**

Multi-Infarct Dementia Fact Sheet

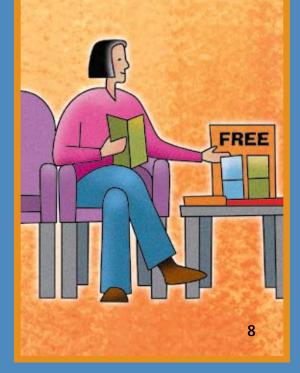
Provides basic information about multi-infarct dementia, sometimes called vascular dementia, and its relationship to AD. Also includes causes, symptoms, diagnosis, and treatment. **FREE**

What Happens Next?

A Booklet about Being Diagnosed with Alzheimer's Disease or a Related Disorder

This 11-page booklet from the Northwestern University Alzheimer's Disease Center offers first-hand views about receiving a diagnosis of dementia, what to expect, how to talk about the disease, and more. It lists organizations that offer materials about dementia, support groups and services, as well as ways to get involved in research. **FREE**

"I just wanted to say thank you for the fantastic publications that you put out. I place them in my waiting room for all my patients. They tell me how great the materials are and how they appreciate having them. The fact that you give these free-of-charge makes it possible for my patients to continue to receive these informative materials."



Caregiving Resources

Caregiver Guide

Tips for Caregivers of People with Alzheimer's Disease

This 24-page booklet offers practical advice for caring for someone with AD. The booklet includes suggestions for dealing with problem behaviors such as wandering, delusions, and vocalization. Suggestions for managing caregiving tasks such as bathing, dressing, and eating, are also provided. Other dementiarelated issues, such as sleep problems, home safety, driving, and choosing a nursing home are also discussed. **FREE**

End of Life

Helping with Comfort and Care

This 68-page booklet discusses some key issues surrounding care at the end of life. Includes topics such as finding care at the end of life, what happens at the time of death, managing grief, and how to document one's own wishes. Resources for more information are provided. **FREE**



Home Safety for People with Alzheimer's Disease

This 40-page booklet is for in-home caregivers of people who have AD or related disorders. It presents room-by-room suggestions on how to create a safer home for both the patient and caregiver. **FREE**



"....a wonderful reference for those of us starting to deal with parents in need. You really covered a lot of ground, and I wanted to let you know your work is appreciated. Thank you."



Caregiving Resources

Hospitalization Happens

A Guide to Hospital Visits for Your **Loved Ones with Memory Disorders**

This fact sheet provides suggestions to ease a hospital stay for someone with AD. It also includes tips for family members to work with hospital staff. FREE



So Far Away:

Twenty Questions for Long-Distance Caregivers

This 44-page booklet uses a Q & A format to provide insights and information about caregiving from far away. Explores topics such as complex family relationships, legal issues, housing options, and advance directives. FREE



Information for Professionals

Acute Hospitalization and Alzheimer's Disease

A Special Kind of Care

This 16-page booklet helps hospital-based health professionals understand the unique needs of AD patients. FREE

Connections

A quarterly newsletter published by NIA's Alzheimer's Disease Education and Referral (ADEAR) Center for health professionals and caregivers of people with AD. FREE



Growing Older in America

The Health and Retirement Study This 102-page book offers

a snapshot of research findings from NIA's Health and Retirement Study.





Links:

Minority Research and Training

This newsletter, produced by the NIA Work Group on Minority Aging, features profiles of researchers and key research findings. AVAILABLE ONLINE

Making Your Website Senior Friendly A Checklist

This 12-page booklet helps web designers tailor websites for use by older people. It includes an extensive list of research references. **FREE**



Progress Report on Alzheimer's Disease

NIA is the lead Federal agency conducting research into the causes, diagnosis, treatment, and prevention of AD. This report presents current research on AD and summarizes research results from ongoing clinical studies. **FREE**

Working With Your Older Patient A Clinician's Handbook

This guide provides strategies for health professionals to communicate more effectively with their older patients. It addresses difficult-to-discuss issues, provides practical tips, and lists information resources. **FREE**

Why Population Aging Matters A Global Perspective

This 28-page book identifies nine emerging trends in global aging using data from the United Nations, U.S. Census Bureau, and the Statistical Office of the European Communities.



AVAILABLE ONLINE

"....I came across one of your booklets and was very impressed. I was wondering if you have these available for me in large amounts, and also do you have them in Spanish? I would present these to my clients and I believe they would benefit greatly.

Thank you."



Information for Professionals 14

Tips From the NIA

Hormones and Menopause

Up-to-date information about the risks and benefits of menopausal hormone therapy. **FREE**

Legal and Financial Planning for People with <u>Alzheimer's Disease</u>

A look at some of the basic legal and financial planning issues facing AD caregivers. Includes a chart summarizing key documents. **FREE**

Making Your Printed Health Materials Senior Friendly

Suggestions for how to write and design printed materials for older adults. **FREE**



Pills, Patches, and Shots: Can Hormones Prevent Aging?

An overview of hormones and how they work. Discusses DHEA, testosterone, and hGH. **FREE**

There's No Place Like Home — For Growing Old

Information and resources to help older adults maintain independence while living at home. **FREE**

Understanding Risk: What Do Those Headlines Really Mean?

Describes the different kinds of research studies conducted and the ways research results are reported. Includes questions to ask about medical findings. **FREE**

Información en Español

Information in Spanish

El Instituto Nacional sobre el Envejecimiento tiene muchas publicaciones en español. Por favor seleccione todas las publicaciones que desea ordenar. Nosotros ofrecemos envío gratis a direcciones en los Estados Unidos solamente. No podemos enviar publicaciones afuera de los Estados Unidos.

Información de Salud para las Personas de la Tercera Edad (AgePages)

Estos folletos proveen información útil y breve sobre varios temas que afectan a los adultos mayores. Cada uno contiene información de salud basada en investigaciones y también ofrece recursos para obtener más información.

Enfermedades/Condiciones

- Accidente cerebrovascular (Stroke)
- Consejos sobre la artritis (Arthritis)
- El cuidado de la boca y los dientes (Teeth)
- El VIH, el SIDA y las personas mayores (HIV/AIDS)
- La depresión: no permita que la depresión persista (Depression)
- La diabetes en las personas mayores (Diabetes)
- La mala memoria no es siempre lo que se piensa (Forgetfulness)
- La realidad del cáncer (Cancer)
- Los problemas de la próstata (Prostate Problems)
- ¿Preocupados por el estreñimiento? (Constipation)
- Presión arterial alta: consejos para mantenerla bajo control (High Blood Pressure)

Cuidado Médico

- Cuidado a largo plazo: escogiendo el lugar correcto (Long-Term Care)
- Charlatanes: cómo reconocer estafas en cuestiones de salud (Health Quackery)
- ¿Está considerando hacerse una cirugía? (Surgery)
- Selección del médico (Choosing A Doctor)

Información en Español

Information in Spanish

Promoción de Salud/ Prevención de Enfermedades

- Consejos para dormir bien (Sleep)
- Ejercicio y actividad física (Exercise and Physical Activity)
- El cuidado de los pies (Foot Care)
- El envejecimiento y el alcohol (Alcohol)
- •El envejecimiento y sus ojos (Eyes)
- Hipertermia: muy caliente para su salud (Hyperthermia)
- Hipotermia: el peligro de las bajas temperaturas (Hypothermia)
- La sexualidad en la edad avanzada (Sexuality)
- Menopausia (Menopause)
- Pérdida de la audición (Hearing)
- Prevención de caídas y fracturas (Falls and Fractures)
- Qué hacer acerca de la gripe (Flu)
- Vacunas para su salud (Shots)

Seguridad

- Conductores de la tercera edad (Older Drivers)
- El crimen y las personas de la tercera edad (Crime)
- Medicamentos: úselos con cuidado (Medicines)

Conversando con su médico

(Talking with Your Doctor)

Este folleto incluye información que le ayudará a escoger a un doctor, cómo comunicarse efectivamente con doctores y profesionales de la salud, a usar la ayuda de un intérprete, y a dialogar sobre asuntos

Guías sobre la enfermedad de Alzheimer

Estas guías informativas proveen muchos consejos útiles.

- Guía de la enfermedad de Alzheimer: La información que usted necesita saber (Alzheimer's Disease Fact Sheet)
- Guía para quienes cuidan personas con la enfermedad de Alzheimer (Caregiver Guide)
- Medicamentos para la enfermedad de Alzheimer (Alzheimer's Disease Medications Fact Sheet)





Conversando



"Hi, I just wanted to thank you very much for the publications I received yesterday. I sincerely appreciate getting them for my classes, and all the participants - teachers were very pleased when I handed them out this morning ..."

Ordering Information

Online Orders

- www.nia.nih.gov/HealthInformation Click on "Publications."
- www.alzheimers.nia.nih.gov Click on "Publications."

Telephone

- **800-222-2225** (toll free), **NIA Information Center** Monday-Friday, 8:30 a.m. 5:00 p.m. (Eastern Time)
- **800-438-4380** (toll free), **ADEAR Center** Monday-Friday, 8:30 a.m. - 5:00 p.m. (Eastern Time)
- **800-222-4225** (TTY/toll free)

Fax

• 301-589-3014

Mail

Use the tear-off Order Form to mark your selection. For publications requiring payment, please enclose a check payable to: **National Institute on Aging.**

Mail to:

National Institute on Aging Information Center P.O. Box 8057 Gaithersburg, MD 20898-8057

Shipping

Free shipping to U.S. addresses. We do not ship publications outside the U.S. **Bulk Orders** are reviewed and filled as supplies are available.

Permission to use FREE Materials

The FREE publications listed in this catalog may be reproduced without obtaining copyright permission. We always appreciate credit to the National Institute on Aging.

TO ORDER: Print the number of copies you want in the space provided. Tear-off form and mail to NIA.			Safety		
		nd mail to NIA.	Crime and Older People		
			Falls and Fractures		
Name (Please Print)			Medicines: Use Them Safely		
			Older Drivers		
Address			Online Health Information: Can You Trust It?		
			Health Promotion/Disease Prevention		
City	State	Zip+4	A Good Night's Sleep		
General Information			Aging and Your Eyes Alcohol Use and Abuse		
NIA Publications Catalog			Concerned About Constipation?		
Alzheimer's Disease Publications List			Dietary Supplements: More is Not Always Better		
Spanish-Language Publications List			Exercise and Physical Activity: Getting Fit for LifeFlu—Get the Shot		
Aging Under The Microscope: A Biological Quest Bound for Your Good Health: A Collection of AgePages			Foot Care		
Exercise: A Guide from the National Institute on Aging			Good Nutrition: It's a Way of Life		
Exercise Kit: Exercise Guide and Video (VHS) \$7.00			Hearing Loss		
Exercise Kit: Exercise Guide and Video (DVD) \$7.00			Hyperthermia: Too Hot For Your Health		
Genes, Lifestyles, and Crossword Puzzles: Can Alzheimer's Disease be Prevented?			Hypothermia: A Cold Weather Hazard Life Extension: Science Fact or Science Fiction?		
Menopause: Time for A Change			Life Extension. Science Fact of Science Fiction? Menopause		
	th Your Doctor: A Guide	e for Older People	Mourning the Death of a Spouse		
What's Your Aging IQ?			Sexuality in Later Life		
n in this			Shots for Safety		
Easy-to-Read Booklets			Skin Care and Aging		
Safe Use of Medicines			Smoking: It's Never Too Late To Stop		
Stay Safe in Cold Weather!			Taking Care of Your Teeth and Mouth		
 Understanding Alzheimer's Disease Understanding Memory Loss			Medical Care		
Onderstanding Pierrory Loss			Choosing a Doctor		
AgePages			Considering Surgery?		
Diseases/Con	ditions		Health Quackery: Spotting Health Scams		
Arthritis A	dvice		Hospital Hints		
	cts for People Over 50		Alzheimer's Disease Fact Sheets		
Depression: Don't Let the Blues Hang Around		9			
Diabetes in Older People-A Disease You Can Manage			Alzheimer's Disease Centers Directory Alzheimer's Disease Fact Sheet		
Forgetfulness: It's Not Always What You Think High Blood Pressure			Alzheimer's Disease Pact Sheet Alzheimer's Disease Medications Fact Sheet		
High Blood Pressure HIV, AIDS, and Older People			Alzheimer's Disease Genetics Fact Sheet		
Osteoporosis: The Bone Thief			Multi-Infarct Dementia Fact Sheet		
Prostate Problems			What Happens Next?		
Shingles					
Stroke					
Urinary In	continence				
Planning for I	Later Years				

__ Getting Your Affairs in Order __ Nursing Homes: Making the Right Choice Additional publications are listed on the reverse side, including Spanish translations.

Caregiving Resources Cuidado Médico Charlatanes: cómo reconocer estafas en __ Caregiver Guide: Tips for Caregivers of People with Alzheimer's Disease cuestiones de salud (Health Quackery) __ End of life: Helping with Comfort and Care ___ ¿Está considerando hacerse una cirugía? (Surgery) ___ Home Safety for People with Alzheimer's Disease ___ Selección del médico (Choosing A Doctor) ___ Hospitalization Happens: A Guide to Hospital Planificando para Años Después Visits for Your Loved Ones with Memory Disorders ___ So Far Away: Twenty Questions for ___ Cuidado a largo plazo (Long-Term Care) Long-Distance Caregivers Promoción de la Salud/Prevención de Enfermedades **Information for Professionals** __ Consejos para dormir bien (Sleep) ___ Acute Hospitalization and Alzheimer's Disease: __ El cuidado de la boca y los dientes (Teeth) A Special Kind of Care __ El cuidado de los pies (Foot Care) __ Connections newsletter ___ El envejecimiento y el alcohol (Alcohol) ___ Making Your Website Senior Friendly: A Checklist ___ El envejecimiento y sus ojos (Eyes) ___ Progress Report on Alzheimer 's Disease ___ Hipertermia: muy caliente para su salud (Hyperthermia) ___Working with Your Older Patient: A Clinician's Handbook __ Hipotermia: el peligro de las bajas temperaturas (Hypothermia) Tips from the NIA ___ La sexualidad en la edad avanzada (Sexuality) ___ Hormones and Menopause ___ Menopausia (Menopause) __ Legal and Financial Planning ___ Pérdida de la audición (Hearing) for People with Alzheimer's Disease __ Qué hacer acerca de la gripe (Flu) ___ Making Your Printed Health Materials Senior Friendly __ Pills, Patches, and Shots: Can Hormones Prevent Aging? ___ Vacunas para su salud (Shots) ___ There's No Place Like Home—For Growing Old Seguridad ___ Understanding Risk: What Do Those Headlines Really Mean? __ Conductores de la tercera edad (Older Drivers) ___ El crimen y las personas de la tercera edad (Crime) (Información en Español) ___ Medicamentos: úselos con cuidado (Medicines) (Information In Spanish) ___ Prevención de caídas y fracturas (Preventing Falls) Enfermedades/Condiciones Folletos Informativos y Guías Accidente cerebrovascular (Stroke) __ Consejos sobre la artritis (Arthritis) ___ Conversando con su médico (Talking with Your Doctor) ___ Guía de la enfermedad de Alzheimer (Alzheimer 's ___ El VIH, el SIDA y las personas mayores (HIV/AIDS) Disease booklet) __ La depresión: no permita que la depresión le persista (Depression) __ Guía para quienes cuidan personas con la enfermedad de Alzheimer (Caregiver Guide) ___ La diabetes en las personas mayores: (Diabetes) ___ Medicamentos para la enfermedad de Alzheimer: __ La mala memoria no es siempre lo que se piensa folleto informativo (Alzheimer's Disease Medications) (Forgetfulness) __ Protección en el hogar para las personas con __ La realidad del cáncer en hombres y mujeres la enfermedad de Alzheimer (Home Safety for People a Partir de los 50 Años (Cancer) with Alzheimer 's Disease) ___ Los problemas de la próstata (Prostate Problems) _____; Preocupados por el estreñimiento? (Constipation)

___ Presión arterial alta: consejos para mantenerla

bajo control (High Blood Pressure)

"Thank you for sending the information I requested. I will read the materials and share them with my family and friends."

To sign up for regular email alerts about new publications and other information from the NIA, go to www.nia.nih.gov/HealthInformation

RETURN ORDER FORM TO:

NIA Information Center P.O. Box 8057 Gaithersburg, MD 20898-8057

TO ORDER PUBLICATIONS:

Toll free: 800-222-2225 • Toll free TTY: 800-222-4225 Fax: 301-589-3014 • www.nia.nih.gov/HealthInformation